# COMMUNITY CALENDAR

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Sunday, March 23

Gluten-free info meeting: Halton Peel Chapter of the Canadian Celiac Association meets 2:30-4:30 p.m. at Loafer's Lake Recreation Centre, Brampton. Speaker, vendors, raffles. Bring a gluten-free food domation for food bank. Everyone welcome.

#### Monday, March 24

Halton Hills Quilters Guild monthly meeting: 7 p.m. at. Hillcrest United
Church, 8958 Trafalgar Rd., Georgetown,
at the corner of Trafalgar and Five Sideroad. Guest speaker, Deb Biernes who will
bring trunks filled with quilts she has made
over the years. Guests welcome \$5.

#### **Tuesday, March 25**

Special Esquesing Historical Society meeting: Local author and historian Jean Somerville will be sharing highlights from her new book, *He Did It All With Dignity and Dispatch: A Biography of Andrew William Frank*, Jean's father. He was sheriff of Halton County, a humanitarian and devoted family man. This meeting, rescheduled this month due to weather, will be held 7:30 p.m. at the Acton Library, 17 River St.

Music At One Concert: in the Helson Gallery at 1 p.m. with the Christina and Maxine Duo. Performing popular music with compelling vocal harmony. Christina plays piano, Maxine plays guitar.

Georgetown Geeks & Gamers: Are you interested in discovering fun and social strategy games like Settlers of Catan or Magic the Gathering? If so, Georgetown Geeks and Gamers is the group for you. This is a drop-in adult & teen (14+) program, offered at Georgetown Library, 6:30-8:30 p.m. Info: http://ggg.site44.com

Georgetown Osteoporosis Support Group: meet 7:15 p.m. in the cooking class room upstairs in the Real Canadian Superstore, Guelph St., Georgetown. Info: Pam Lowden 905-702-9276. Also May 27.

## Wednesday, March 26

**Independent Living at Home:** Want to stay in the home you love during your retirement years? Come to Limehouse Me-

# Health, Home and Happiness Show #H5

Are you looking for more business? Do you need to show people what you do? The Health, Home and Happiness Show, co-sponosored by the Halton Hills Chamber of Commerce and *The Independent & Free Press* is the perfect opportunity whether you offer home and garden improvements and products, offer health and well-being products and services or just make people happy with what you do.

#H5 will be held on May 2-3 at the Mold-Masters Sports Plex.

Book your space now! Contact your sales rep at *The Independent & Free Press* or Advertising Manager Cindi Campbell, 905-873-0301 ext. 232 or ccampbell@theifp.ca to book your booth.

morial Hall, 12389 Fifth Line, 7-8 p.m. to learn about the seven steps to maintaining independent living led by Katherine Atkinson, Retire-At-Home Services Hosted by Wendy Moore, Kati Nuttall, Joy Nolan, Sales Representatives, Royal Lepage Meadowtowne. RSVP: Wendy, 905-875-6505.

### Thursday, March 27

**Zumba:** Globe Productions' spring Zumba sessions start on March 20 (for 10 weeks to May 22). Cost is \$10 per week (\$8 if 10 sessions purchased). Thursdays, 6:15-7:15 p.m. at the Old Armoury, just inside the Georgetown Fairgrounds.

Business After Hours: 5-7 p.m. at Georgetown Seniors Centre, Guelph St. Give up what you thought you knew about the seniors centre and come out and see for yourself what were all about! Seniors centres are designed to help you live your life, and to keep you healthy and active. There is no charge to attend. Registration is required, 905-877-7119 or info@halton-hillschamber.on.ca







